

# Family Yoga

with Jackie Long



**Saturday, December 17, 2011**

- **Preschool (3's and 4's)** 11:00 am - 11:30 am
- **Baby (newborn-12 months)** 11:45 am - 12:15 pm
- **Toddler (1's and 2's)** 12:30 pm - 1:00 pm
- **Big Kids (5-12 years)** 1:15 pm - 2:00 pm

Take a moment and relax with yoga in this playful family workshop. Beginners are welcome!  
Wear comfortable clothes, bring a towel or mat for each person.

Note: If you have children of multiple ages, sign up for the class that best suits your youngest child and the teacher will adapt for older children.

Class size is limited. Register online at: <http://libraryxo.org/familyyoga2011>



This program is sponsored by the  
Friends of the Mountain View Library



Mountain View Public Library | 585 Franklin Street Mountain View, CA 94041  
Children's Services | 650.903.6897